



CU in Costa Rica and Nicaragua!

Welcome to Your Vida Volunteer Adventure





Trip Coordinators

Stephen Moore



Natalie Stringer





Trip Coordinators

Meghan Courey



Sophie Nance



Payment Schedule

- **First Deposit: Due Sunday, Feb 25th, 2018**
 - \$500 Deposit
 - Included in total trip cost
- **Final Payment: Due Tuesday, March 27th, 2018**
 - \$1250
 - Included in total trip cost
- **Clemson Study Abroad Insurance**
 - \$38.80 → more info on next slides

Payment Schedule

- Concerns with the timeline?
- Email our Vida representative, Eduardo Castillo, to create a personalized payment plan!
 - Email: eduardo@vidavolunteertravel.org



Scholarship Options

- ODK Funding Scholarship
 - Link: <http://odk.people.clemson.edu/funding.html>
 - Due February 16th
- Clemson Study Abroad Scholarships
 - Link: <https://www.clemson.edu/studyabroad/scholarships.html>



Clemson Study Abroad Information

- You have to tell Clemson you are volunteering abroad!
- You must go to the link below and register for a “non-credit” travel opportunity
 - Link: <http://www.clemson.edu/studyabroad/other-travel.html>
 - More directions are on the website
- Clemson also requires us to purchase Study Abroad Insurance
 - \$38.80
 - Link: <http://www.clemson.edu/studyabroad/insurance.html>
 - Scroll to the bottom of this page and click on the PDF directions at the bottom



Clemson Study Abroad Information

- We will have a representative from Study Abroad come speak with us in a few months
- We will have to do “general training”
- Depending on the cities we travel to, we may have to do “risk management” training
 - Costa Rica = Level 1 area
 - Nicaragua = Level 2 area
 - These areas are SAFE!! Clemson is very supportive of the work we do with Vida, but they just want us to make sure we have a plan in place for every scenario.



Clemson Study Abroad Information

Vida Representative: Eduardo Castillo

Email: eduardo@vidavolunteertravel.org



Passport Check

- Please raise your hand if you still need a passport
- Also make sure your passport will not expire
 - Six Month **Validity Passport Rule**: As a general **rule**, passports should have at least six months of **validity** when traveling internationally. Most countries will not permit a traveler to enter their country unless the **passport** is set to **expire** at least six months after the final day of travel.



Flight Details

- Trip will be confirmed ~March 4th
 - Only after this date can we start looking at flights
- Arrive in Costa Rica
- Depart from Nicaragua
- Note: buy a “multi-city” ticket, and not 2 individual tickets
 - <https://www.skyscanner.net/news/how-use-skyscanners-multi-city-flights-search>
- Everyone is required to submit their flight itinerary to Vida



Immunizations Check

- Make sure you are up to date on all routine vaccinations
 - It is suggested that vet team gets a rabies vaccine
- CDC recommendations:
 - Hepatitis A
 - Typhoid
- CDC recommendations for Zika virus
 - Insect repellent → Deet
 - Condoms
- CDC links:
 - Costa Rica: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/costa-rica>
 - Nicaragua: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/nicaragua>

Suggested Packing List

Soak in
Deet
insect
repellent



Important items to pack	You may want to consider bringing
Scrub tops and pants (1 per clinic day)	Camera with extra batteries or battery charger
Tennis shoes/closed toed shoes for clinics (2 pairs)	Aloe Vera (for sunburn relief)
1 towel & washcloth	Hat and sunglasses, flip-flops and water shoes for shower/beach
Personal Canteen Water Bottle	Shorts/ lightweight pants/skirts and shirts
Wristwatch that counts seconds	1 lightweight jacket/sweater (Depending on sites visited. We recommend checking local weather reports before your trip).
Day pack/Backpack	Swimming suit
Sunscreen and bug repellent	Prescription glasses (may be difficult to wear only contact lenses throughout trip)
Rain poncho and/or umbrella	Antibacterial hand gel
Flashlight and batteries	Journal and pens
Personal products (shampoo, conditioner, soap, razors)	Spanish phrase book or dictionary
Dental volunteers should bring eye protective wear	Garbage bag for dirty scrubs/clothes
Dental and Veterinary volunteers are required to bring scrub hats/skull caps or bandanas to keep their hair back, as well as headlamps	Sheets and travel pillow
Stethoscope (Medical and Veterinary) and Blood Pressure Cuff (Medical)	A generous supply of over-the-counter or prescription medicine you are currently taking.
Rubber boots and work gloves for working with large animals (Veterinary Program)	Battery operated alarm clock
Minimum of \$200-400 US dollars depending on the length of your trip for meals and souvenirs	TSA approved luggage locks (VIDA is not responsible for lost, misplaced nor stolen items)

Note: We will NOT be doing laundry!

Suggested Packing List

- Filtering Water Bottle
 - Can't drink the water
- Vitamins
- Snacks
 - Granola bars
 - Crackers
 - Peanut butter
- Travel Size Febreze
- Portable Fan (with batteries)
- Flushable Sanitary Wipes
- Pocket Knife
- Shower Shoes
- Homestay Gift
 - Magnets, Clemson gear, etc
- Insect Repellent → want a high Deet concentration



Suggested Packing List -- Medications/First Aid





- Antibiotics
 - Cephalexin, amoxicillin, ciprofloxacin, metronidazole, diflucan
- Imodium
- Laxatives
- Benadryl/Loratadine
- Cough drops
- Prescription drugs
 - Birth control, etc
- Epi pens
- Band-aids and Neosporin
- Painkillers
- Fever relievers






Suggested Monetary Supply

- Not all of our meals are provided by Vida
 - Occasionally we will go out to dinner
 - Plan for about \$10 per meal
 - **Plan for more than \$10 per meal if you plan to order alcohol**
- Bring money for souvenirs!
- Bring money for extracurriculars you elect to do in the city
 - In Nicaragua, we went to see a volcano and went to Monkey Island (not all extracurriculars are planned)
- Most students bring about \$200-\$300 of spending money

 Dates	 Activities	 Lodging	 Meals
May 13th Sat.	Arrival Day Welcome to Central America! Vida staff members will be waiting for you at the Juan Santamaria International Airport . Depending on your arrival time, we will exchange money, have lunch and then meet our new friends. General Orientation We'll go over the itinerary, program guidelines and the code of conduct to ensure a safe enjoyable trip! Welcome Dinner We will savor local cuisine to celebrate our first night in Costa Rica .	Hotel Park Inn +505.2521.5843 San José, Costa Rica	<div style="border: 2px solid blue; border-radius: 50%; padding: 10px; text-align: center;"> B: Volunteer L: Volunteer D: Vida </div>
May 14th Sun.	Orientation & Travel Day 8:00am-3:00pm Orientation Today we will review all the important information we need to serve our communities. The Medical Team and Dental Team will receive an overview of public health in Costa Rica, learn about healthy lifestyles and how to promote them during our family outreach visits. We will also review the community workshop processes and goals, discuss common diseases and practice vital signs. The Veterinary Team will review clinic setup, patient exams, instruments, surgical procedures, sutures, injections, catheter placement, common diseases and conditions. The staff will advise us of morning and lunch breaks. Afternoon We will travel to the town of Liberia in Guanacaste, known previously for the booming cattle farm industry. Nowadays, a major center for the Costa Rican tourism. Evening Free night!	Hotel Wilson Marceva +506.2665.6037 Liberia, Costa Rica	B: Vida L: Vida D: Volunteer
May 15th Mon.	Clinic Day 1 – Home Visits Liberia 8:00am-4:00pm The Medical and Dental Teams will conduct Family Visits for a unique look into our country's culture while providing important information about healthy habits and personal hygiene. The Veterinary Team will have their first clinic day. Please remember to wear scrubs, nametags, a surgical cap and bring a pen. Evening Free time to enjoy!	Hotel Wilson Marceva Liberia, Costa Rica	B: Vida L: Vida D: Volunteer
May 16th Tue.	Clinic Day 2 – Workshops, Liberia Morning Vida physicians will facilitate a first aid workshop. The Veterinary Team Will continue with their clinic. Afternoon We will be holding a Community Workshop in which we will be working with community members to identify and create awareness about health concerns that we have observed during family visits. Evening Free night.	Hotel Wilson Marceva Liberia, Costa Rica	B: Vida L: Vida D: Volunteer
May 17th Wed.	Recreation Day Morning Beach Day at Playa Hermosa Today life is a beach! R & R has been prescribed so enjoy every moment. Evening Free time to relax!	Hotel Wilson Marceva Liberia, Costa Rica	B: Vida L: Volunteer D: Volunteer

May 18th Thu.	<p>Travel Day Morning We head to Masaya, Nicaragua known as the Cradle of Nicaragua Folklore. Afternoon Traveling Evening Arrive to Homestays Our now internationally renowned families will be eagerly awaiting our arrival. It's time to practice our Spanish!</p>	<p>Homestay Emergency Contact Pablo Bonilla +505.8696.9075 Masaya, Nicaragua Homestay</p>	<p>B: Vida L: Volunteer D: Vida</p>
May 19th Fri.	<p>Orientation & Recreation Day Morning The Medical Team will review clinic setup, role of volunteer, role of the interpreter, patient exams, clinical history and common diseases. The Dental Team will review clinic setup, role of volunteer, basic oral health exam, manual cleaning procedures, extractions, pain management, instrument identification, as well as common diseases. The Veterinary Team will have the morning free to explore this beautiful town. Afternoon We will visit San Juan de Oriente, a community of Nicaraguan craftsmen. Some of us will have the opportunity to experience making pottery Nicaraguan style in one of the local workshops. Evening Free night!</p>	<p>Masaya, Nicaragua Homestay</p>	 <p>B: Vida L: Vida D: Vida</p>
May 20th Sat.	<p>Clinic Day 3 – Granada 8:00am-4:00pm Now that we have the protocols down, our work will go even smoother and be even more enjoyable! Evening Free time.</p>	<p>Masaya, Nicaragua Homestay</p>	<p>B: Vida L: Vida D: Vida</p>
May 21st Sun.	<p>Clinic Day 4 - Granada 8:00am-4:00pm Let's do our best to make a positive impact in this needy community. Large Animal Day We will have another opportunity to support local farmers by providing basic services to their livestock. Don't forget your boots and gloves! Case Discussions We'll have the opportunity to present and converse important cases we have seen in clinic days. Evening Free night to enjoy!</p>	<p>Masaya, Nicaragua Homestay</p>	<p>B: Vida L: Vida D: Vida</p>
May 22nd Mon.	<p>Recreation Day Morning We're going to visit the Apoyo Lagoon, a beautiful crater lake where we can swim and enjoy the views of the surrounding dry tropical forests. Afternoon We will travel to the colonial city of Granada, the oldest standing city in the Americas. Evening Free time to enjoy this beautiful town.</p>	<p>Hotel Estación +505.2552.1687 Granada, Nicaragua</p>	<p>B: Vida L: Volunteer D: Volunteer</p>
May 23rd Tue.	<p>Clinic Day 5 - Masaya 8:00am-4:00pm Today you just might find something you'd like to do for the rest of your life. Work hard and find out! Evening Free.</p>	<p>Hotel Estación Granada, Nicaragua</p>	<p>B: Vida L: Vida D: Volunteer</p>
May 24th Wed.	<p>Clinic Day 6 – Masaya 8:00am-4:00pm Be the change that you want to see in the world! Afternoon We're headed to our hotel in the city of Managua Evening Farewell Dinner A chance to share the highlights of our experience and to hug our new friends' good bye!</p>	<p>Hotel HEX Managua, Nicaragua</p>	<p>B: Vida L: Vida D: Vida</p>
May 25th Thu.	<p>Departure Day Our adventure together in Central America has come to an end. We hope you will stay in touch with the staff and volunteers with whom you have worked and shared this experience over the last few days, and we hope you will fondly remember the beautiful sights, tastes and sounds of the towns and cities you visited while here. Most importantly, we hope you will remember the people you've helped, their smiles, their handshakes and their hugs. Our staff will be with you until you depart to make sure you arrive safely to the airport. Although you must leave Central America, may this experience stay with you forever. Remember to take \$45 with you to cover departure fees.</p>	<p>Home</p>	<p>B: Vida L: Volunteer D: Volunteer</p>



Equipment Donation List

Medical Team

- Exam & Sterile Gloves (not expired)
- Stethoscopes
- Blood Pressure Cuffs
- Digital Thermometers

Dental Team

- Toothbrushes
- Toothpastes
- Dental Floss
- Gauze

Vet Team

- Exam & Sterile Gloves (not expired)
- Collars & Leashes
- Heating Pads
- Headlamps & Electric Razors



Suggested Donations List

- Clothing donations
- Stuffed animals
- Old Clemson t-shirts
- Socks
- Packaged underwear
- Toy donations
- Stickers
- Coloring books and crayons
- **Please do not bring candy to give to the children**



Questions?